

Alzheimer's Association
101 Summit Avenue, Suite 300
Fort Worth, TX 76102

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alzheimer's  association™

Prescription for Healthy Caregiving

Tuesday
September 14, 2010
1:00 p.m. to
4:00 p.m.



Decatur Civic Center
2010 W. US 380
Decatur, Texas 76234

Presented by

alzheimer's  association™

www.alz.org/northcentraltexas • 800-272-3900

About the Program

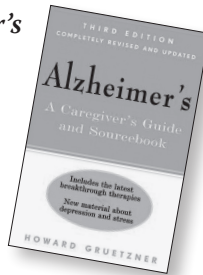


Howard Gruetzner, M.Ed, LPC
Education and Family Care Specialist
Alzheimer's Association-North Central Texas Chapter

Mr. Gruetzner has worked in the field of mental health with an emphasis in dementia and geriatric mental health for more than 25 years. He currently counsels individuals who have been diagnosed with dementia, as well as their caregivers. Mr. Gruetzner is also involved in Alzheimer's grief research.

The seminar will focus on coping with the role of caregiver. Most caregivers understand they are stressed but don't know what to do about it. Balancing the role of caregiver, spouse, parent, professional, etc. is quite challenging. Mr. Gruetzner will provide specific, practical ways caregivers can cope and maintain personal mental and physical health.

Mr. Gruetzner has authored *Alzheimer's: A Caregiver's Guide and Sourcebook*. The book teaches caregivers how to make the caregiving experience more rewarding and effective, and how to make the life of anyone caught in the grip of Alzheimer's more loving and comfortable. The book will be on sale at the seminar for \$15. (Reserve your copy today.)



Agenda

- | | |
|-----------|---|
| 1:00 p.m. | Caregivers' Needs and Stressors |
| 2:30 p.m. | Break |
| 2:45 p.m. | Strategies to Cope and Manage Health |
| 4:00 p.m. | Adjourn |

Registration Form

Prescription for Healthy Caregiving

Tuesday, September 14, 2010, in Decatur, TX

There is no charge for this event. Donations will be accepted. Your generous support of such events allows the Alzheimer's Association to continue to offer quality education and support services in your area.

Registration forms can be faxed to 817-336-4966 or mailed to:

Alzheimer's Association-North Central Texas Chapter
101 Summit Avenue, Ste. 300
Fort Worth, TX 76102

On-site registration will be available if space allows.

For more information, call Shelly Young at 800-272-3900 or 817-336-4949.

I am a: Family Caregiver Professional

Name _____

Organization _____

Mailing Address Home Office _____

City _____

State _____

Zip _____

Daytime Phone Number _____

E-mail Address _____

For personal comfort in rooms of varying temperature, please bring a jacket or sweater.

Copies of Mr. Gruetzner's book will be available for sale at the seminar for \$15. We will accept cash, checks or credit cards.

____ I would like to reserve a copy of
Alzheimer's: A Caregiver's Guide and Sourcebook

